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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-40)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
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HEADLINE: 29 Palms Sets Goals for Domestic Violence Prevention
NAVHOSP Twentynine Palms, CA (NSMN) -- In their on-going effort to provide the best possible service to beneficiaries to enhance the quality of life in the Marine Corps/Navy family, the staff of Naval Hospital Twentynine Palms, along with the other agencies at the Marine Corps Air Ground Combat Center (MCAGCC), has set its goal to become the Navy/Marine Corps model for the prevention of domestic violence and will be conducting training for medical personnel 16 and 17 October.

One step taken by MCAGCC toward its goal was the establishment of a Coordinated Community Response (CCR). The CCR is a collaborative effort of the Marine Corps, the Navy and the civilian community to strengthen the approach to domestic violence. As the CCR to spouse abuse is solidified, it will be extended to child abuse and neglect. Naval Hospital Twentynine Palms currently has six trained staff members working with the MCAGCC Family Advocacy Programs, Provost Marshal's Office, Staff Judge Advocate, Naval Criminal Investigative Service and the chaplains to implement the CCR.

CAPT Elizabeth Barker, NC, currently a full-time family nurse practitioner and department head for Specialty Clinics at Branch Medical Clinic Marine Corps Base Hawaii, located at Kaneohe Bay, Oahu, will be coming to Naval Hospital Twentynine Palms to lecture on domestic violence 16 and 17 October.

Barker, a well-known expert in the subject, will provide information on our roles in the Coordinated Community Response of Domestic Violence. MCAGCC Twentynine Palms is the fourth base in the Navy/Marine Corps team to implement this program.

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HEADLINE: 'C' School Opportunities

BUMED Washington (NSMN) -- If you have ever dreamed of climbing the ladder of success and making chief, or if you hold ambitious aspirations, "C" School can help you reach your goal. Not only can graduating from "C" School enhance your naval career, but you gain a highly marketable specialized skill. Perhaps you considered signing up for "C" school but thought you would never get in because of a less than competitive ASVAB score or average academic performance. Now Hospital Corpsmen and Dental Technicians may request an ASVAB waiver to attend "C" school.

However, all requests for ASVAB waivers must include documentation reflecting additional academic achievement. A few examples of things that are looked at when granting waivers include Navy Enlisted Classification manning, continuing education courses in English and math, "A" school performance, performance at previous "C" schools, performance awards, evaluation reports, on the job training and letters of recommendation, certification, appreciation and commendation. Each individual's merits are considered on a case-by-case basis.

Qualified applicants are needed to fill the following Hospital Corpsman "C" Schools: Submarine Independent Duty Corpsman (IDC), Aerospace Medical Tech, Radiation Health Tech, Aerospace Physiology Tech, Medical Department Administration Tech, Surface IDC, Preventive Medicine Tech, Pharmacy Tech, Special Operations IDC, Special Operations Tech, and Medical Deep Sea Diver Tech. Qualified applicants are also needed to fill the following Dental Technician "C" Schools: Medical Department Administration Tech, Basic Dental Lab Tech, and Advanced Dental Lab Tech.

Consult your Command Career Counselor for more information and assistance qualifying for these advanced training opportunities.

Story by Ms. Ann Kirby, Bureau of Medicine and Surgery

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HEADLINE: Quantico's Physical Readiness Success Story

NMCL Quantico, VA (NSMN) -- As commands gear up for their fall Physical Readiness Testing (PRT) cycle, the Naval Medical Clinic Quantico would like to share some factors behind their PRT successes.

In one six-month period, the average PRT score per person increased by 20 points, the number of command members scoring

outstanding increased from 29 to 43 percent, and the failures dropped from 11 to only four members.

The central idea was a shift from a focus on the individual to the department level. The department with the highest average score receives a luncheon served by the front office and a trophy. Any department demonstrating a less than positive attitude risks receiving the "Golden Barney" trophy. This focus was instituted to get past the "minimum pass" mentality some people have. In addition, the clinic has assigned Departmental Fitness Coordinators who sit down with each member and discuss their fitness goals, their personal three-times-weekly fitness plan and specific achievement goals for the PRT, even if for only one more sit-up or push-up.

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HEADLINE: Ombudsmen Use CHCS for E-Mail Input

USNH Rota, Spain (NSMN) -- As the Navy Family Ombudsman Program celebrates its 25th anniversary, the Ombudsmen team at U.S. Naval Hospital Rota, Spain, has found a new way to provide better, faster communications between Navy families and Navy commands. By using the Composite Health Care System (CHCS) e-mail, Ombudsmen Doug Poole and Allison Cain are able to connect with virtually everyone working at the hospital, including the Laboratory, Pharmacy, X-ray, Medical Records and Patient Administration departments.

CHCS is the information system tying together all aspects of medical treatment and administration at the hospital. CHCS allows doctors to access medical records, order a blood test or an X-ray, and even call in a prescription to the pharmacist right from their own desk using the computer. Since CHCS is being installed at all medical treatment facilities (MTFs) in the Navy, it will be a universal tool for relaying data from one location to another. Information can be transmitted for obtaining medical history, diagnosis, and treatment recommendations from doctors at Rota to any other MTF. Moving information, not people, is one of Navy Surgeon General VADM Harold M. Koenig's top goals. Using CHCS as a tool to communicate allows the ombudsmen to reach a greater number of people in a shorter time.

"Ombudsman access to CHCS is a useful tool for disseminating information and keeping in touch with what is going on in the command. Any additional means of communication is a benefit to ombudsmen as communicating is the most important function we have," says Poole.

By using e-mail as a tool for communication, Ombudsmen are able to receive questions and concerns from Sailors and family members that can be relayed to the commanding officer. Using e-mail also allows the Ombudsmen to survey the command regarding different issues. With the help of the hospital's Command Master Chief Mark Cook, Poole and Cain have found a new avenue to aid communication that can be used at any command.

Story by Ms. Ann Kirby, Bureau of Medicine and Surgery

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HEADLINE: Master Chief Corpsman Gets Back to Hands-on Care

NNMC Bethesda, MD (NSMN) -- HMC(SW) John R. Bayerlein got a chance to do some hands-on patient care recently after more than eight years behind a desk instead of an examination table. According to him, it was like riding a bike.

While traveling north with his family on leave recently, Bayerlein arrived at the scene of a traffic accident which had just occurred. "The wheels were still spinning," said Bayerlein.

A tractor-trailer and a mini-van loaded with passengers had collided. The van had rolled and the tractor-trailer was turned on its side in the median.

After more time away from hands-on care than many corpsman have time in the Navy, Bayerlein didn't miss a beat. Jumping out of his van he proceeded to render first aid by his van's headlights until the paramedics and police arrived.

Five people from the van lay in the grass on a long hill sloping down from the road. One man was standing up, dazed, and another two passengers were sitting next to the downed passengers, comforting them.

The first man Bayerlein approached was struggling to breathe, a woman knelt at his head trying to help. Bayerlein cleared the man's airway, and when he was breathing easier, moved on.

Moving quickly from one injured person to another, Bayerlein assessed injuries, and showed uninjured passengers how to hold traction (immobilize the head and neck to prevent further spinal injuries).

"Those on the ground all had some sort of back or neck injury," said Bayerlein.

When he had finished treating about half of the victims, help arrived in the form of another hospital corpsman -- an anonymous corpsman third class stationed in Philadelphia.

"This young fella pulled up behind my car and introduced himself. After a cursory 'Hey, how are ya, this is what I got,' we just went about our business," said Bayerlein. "It was great to have that HM3 there. I know what a third class can do and I felt very confident that we had the situation in hand. By the time the EMTs got there, the only thing left to do was take vital signs and get them ready for transport," said Bayerlein.

"You looked like you were enjoying yourself out there," said Bayerlein's wife when the incident was over and they were back on the road again.

"I did enjoy it," said Bayerlein, "saving lives and dealing with people is what our job is all about. Whether it is on the highway or the battlefield." The opportunity to help people first-hand wherever they may need it -- that is what makes the earlier years of a corpsman career so precious, he explained.

"It felt good to be able to help, to provide someone with comforting words, a physical presence and medical expertise when they most need it."

"Learn. Be the best," Bayerlein advises young corpsmen. "I didn't get to be a master chief by forgetting what I've learned and forgetting where I come from, but you can always learn more."

Story by JO2 Roy DeCoster, National Naval Medical Center

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HEADLINE: Navy Medical Department's Newest Command

NSHS Portsmouth, VA (NSMN) -- Ninety-three years after being born as a part of Naval Hospital Portsmouth, VA -- and a lot of reorganizations later -- the Naval School of Health Sciences (NSHS) Portsmouth, VA, was established as a full command on 30 September 1995.

CAPT Charles L. Anderson, MSC, assumed the position as the school's first commanding officer at the end of an impressive establishment ceremony.

CAPT Harry Coffey, MSC, commanding officer of NSHS Bethesda, MD, made brief remarks and then read the disestablishment notice of his command's Portsmouth Detachment.

After delivering her remarks, RADM Joan Engel, NC, Deputy Chief of Education, Training and Personnel at the Bureau of Medicine and Surgery, Washington, read the establishment notice.

Anderson delivered his remarks, read his orders, notified Coffey he stood relieved as OIC of the Portsmouth Detachment, and then reported to Engel that he was ready to assume command of Navy medicine's newest command.

From humble beginnings in 1902 at a hospital department, NSHS Portsmouth has now graduated to an echelon 3 command, reporting directly to BUMED. In his remarks, Anderson spoke of the impressive accomplishments of NSHS's men and women and the bright future they have in creating the leaders of the 21st century Medical Department.

"I view Hospital Corpsmen and their medical comrades in a special light," concluded Anderson. "They serve their country in a manner which may well put them in harm's way -- just as do other Sailors, Soldiers, Airmen, Marines and Coast Guardsmen. But these Sailors also go into harm's way to ease the pain and suffering of their fellow countrymen and women. Because that is what they want to do. I see no higher calling. And I can report to you, Admiral Engel, that because of these special Sailors before you today, our country, our world, will be a safer and more caring place. And I consider it the greatest of honors and privileges to have been chosen to lead them."

Thus a new era in a long history began for a school that now comprises 15 "C" schools and courses.

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HEADLINE: New Health Promotion Center at Naval Hospital Newport

NAVHOSP Newport, RI (NSMN) -- The commanding officer of Naval Hospital Newport, CAPT Charles Henderson, MSC, will officially open the new Health Promotion Center on Friday, 13 October in front of Building 45 on the hospital compound. The ribbon cutting will be followed by a celebration of the Navy's Birthday and an Open House.

"Naval Hospital Newport is on the leading edge of health care delivery with the establishment of the Health Promotion Center," said CDR Mary Bossick, director of the new Center.

The goal is to provide care that promotes healthier living and a better quality of life. The Center brings together, in one

location, the services of mental health, social work, family advocacy, community health nursing, and health and patient education. Combining services in one location reduces duplication of effort and allows the staff to provide more of a variety of care to the patients.

"The staff of the Health Promotion Center have developed education programs and treatment plans that enable individuals to take increased responsibility for their own well-being, whether it be physical or mental well-being," said Bossick. She pointed out that certain conditions such as heart disease, cancer and stroke are affected by individual lifestyle choices, and it is the lifestyle choices that can be improved. "The factors over which a person has control are nutrition, exercise, stress management, and use of alcohol, tobacco and drugs. Health Promotion programs empower individuals to take responsibility for their own well-being by changing unhealthy behavior and lifestyle habits. Health promotion helps people move toward optimal health by improving health-related knowledge, attitudes and behaviors. The population we serve is diverse and each group, whether it be active duty, retirees, or their dependents, face stresses in daily living that effect their health. Some of those stressors are lack of attention to nutrition and exercise, living in an extended family, being a single parent, feeling pressured by the demands of the job, or looking for activities for leisure time.

Some of the programs or individual appointments available at the Center include counseling, cholesterol control, diabetes management, stress management, single parenting skills, weight control, cancer awareness, smoking cessation, anger management and contraception education. In addition, the Health Promotion Center staff conducts off-site activities such as cholesterol and blood pressure screening and savvy supermarket shopping.

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HEADLINE: Navy Medical Department People Involved in Operations BUMED Washington (NSMN) -- The Navy Medical Department continues to support the Navy and Marine Corps team through deployments with the fleet and humanitarian operations. Here is the latest update on where our medical people are on assignment.

Medical forces currently on operational assignment are:

Operation Sea Signal Phase V

Medical/Dental augmentation personnel: 237

The Navy Medical Department is in full support of Operation Sea Signal. Approximately 53 medical personnel are deployed to augment U.S. Naval Hospital Guantanamo Bay, Cuba, providing medical treatment for approximately 8,100 Haitian and Cuban migrants, in addition to providing medical support to many afloat platforms. Additionally, 184 medical and dental personnel are assigned to CJTF 160. They have assumed the mission from the Air Force Air Transportable Hospital for the care and support of the Cuban and Haitian migrants.

Operation Full Accounting

Navy Medical Corps officers and Independent Duty Corpsmen are supporting this operation by volunteering to serve tours ranging from just under two weeks to two months to support the

teams searching for remains of MIAs and POWs in Laos, Cambodia, and Vietnam.

Exercise Support

Surgical Team Four from National Naval Medical Center Bethesda, MD, is deployed to provide support for a Mediterranean ARG.

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HEADLINE: HEALTHWATCH: Stretchin' Out

NAVHOSP Camp Lejeune, NC (NSMN) -- Flexibility allows you to move joints freely without restriction or pain through a wide range of motions. Muscles around the joints should be stretched regularly. In the body, every group of muscles can be stretched safely without causing injury to the joints. A safe stretch is both relaxing and gentle. Move until you can feel the muscle stretch, holding the position for a minimum of 30 seconds; relax and repeat if necessary. If you experience pain, stop doing the stretch. Remember to use slow, steady controlled movements, and DON'T BOUNCE!

Following are a variety of safe stretches for you to sample. Try them out, and see how they work for you.

-- Shoulders (behind neck): Place the right arm with elbow flexed behind head, grasp the right elbow with the left hand and pull to the left. Reverse position for the left arm.

-- Shoulders (across chest): Place the right arm across the chest, grasp right elbow with left hand and pull elbow toward left shoulder. Reverse arms using the right hand to pull left elbow toward right shoulder.

-- Shoulders (behind back): Interlock fingers of both hands behind back, rotate hands so palms are facing to the rear, raise both arms as high as possible.

-- Trunk Side Bends: Grasp both hands over head, bend to right without twisting trunk, then bend to left.

-- Quadriceps: Stand up, place left hand on wall for balance, next flex right knee, grasp right ankle with right hand and pull right foot toward butt; be sure to keep bent knee close to straight knee. Reverse positions for left quadriceps stretch.

-- Calves: Go into a lunge position with left foot forward, hands resting on left knee; keep right foot pointed straight ahead with heel always in contact with ground. Reverse positions to stretch left calf.

-- Groin: Sit on the ground, place soles of both feet together, press both legs down until a groin-inner thigh stretch is felt.

-- Outer Thigh: Sit on ground, both legs extended to the front. Cross right leg over left with right knee bent. Grasp right ankle with left hand, place right hand in front of right knee, pull leg toward body. Reverse positions for left leg.

-- Hamstring: Lie flat on ground, keep leg straight. Raise right leg with knee straight, grasp right leg below knee with both hands, pull right leg toward head. Reverse legs for left hamstring stretch.

-- Back: Lie flat on ground. Bring both knees toward chest, grasp both thighs with hands, pull toward head.

It is important to remember ... always stretch after a warm up. Stretching cold can cause injury.

A reliable indicator of inadequate stretching is Delayed Onset Muscle Soreness, better known as DOMS. This generally occurs within 24 to 48 hours after the physical activity took place and it can be quite uncomfortable.

Stretching regularly will increase your flexibility, improve your physical performance, decrease your chance of injury and help keep you fit.

Story by LTjg Christine Rone, Sports Medicine Department
Naval Hospital Camp Lejeune

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3. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 16-19 October, Navy Surgeon General's Leadership Conference, Sheraton Premiere Hotel in Tyson's Corner, VA. The theme is Navy Medicine's Three R's -- Readiness, Resources and Reengineering. BUMED Washington 161600Z AUG 95 provides conference guidance and details on who may attend. Conference information can be obtained via email from sglc@med.navy.mil and information is posted on the World Wide Web at <http://support1.med.navy.mil> -- the posting includes an online conference registration for member and spouse option. For hotel information, call 1 800 572-7666 or (703) 448-1234.

-- 29 October - 3 November, AMSUS Annual Convention, "Federal Health Care: A Vision for Change," Anaheim, CA. For information, call the Convention Department of the Association of Military Surgeons of the United States at (301) 897-8800.

-- 24-27 October, Annual Navy Community Service Conference, "Action in Eloquence," Xerox Document University, Leesburg, VA; (703) 693-3311 or (703) 614-1290.

-- 3 November, the First Annual Federal Medical Materiel Managers Forum, Irvine (CA) Marriott Hotel, hosted by the Naval Medical Logistics Command, Fort Detrick, MD. For more information, contact LTjg Randall R. Owens, MSC, at (301) 619-3009, DSN 343-3009 (see article below).

-- 6-9 November, 9th Annual Naval Operational and Aeromedical Problems Course, Naval Aerospace and Operational Medical Institute, Pensacola, FL; registration through the Institute's Academics Department, DSN 922-2741 or commercial (904) 452-2741, fax (904) 452-8320.

-- 6-7 November, Battlefield Visualization: Future Directions and Initiatives, McLean Hilton at Tysons Corner, VA. For information, call (310) 534-3922.

-- 13-17 November, two two-day seminars: Data Fusion, exploiting sensor intelligence data in information-based warfare; and Situational Awareness, for intelligence, theater command and control, and contingency planning applications, Holiday Inn Fair Oaks, Fairfax, VA. For information, call (310) 534-3922.

-- 2-3 December, Stabilization and Management of the Critically Ill Child, San Francisco. For information, call (415) 476-5808.

-- 11-15 December, Annual Navy and Marine Corps Logistics Conference, Gaithersburg Hilton. Contact LTjg Randy Owens, MSC, at (301) 619-3009, or CDR Fred White, MSC, at (301) 619-2157, for more information.

-- 24-26 January 1996, West '96 -- "Technology and Tactics: Meeting the Fuzzy Threat," the 17th Annual Western Conference and Exposition, San Diego, sponsored by the Armed Forces Communications and Electronics Association and the U.S. Naval Institute. For information, call 1 800 336-4583, ext. 6128,, or (703) 631-6128.

-- 14-16 February 1996, Recent Advances in Neurology, Sheraton Palace Hotel, San Francisco, sponsored by the University of California. For information, call (415) 476-5808.

-- 17 April 1996, Third Annual Hospice Foundation of America Teleconference -- "Living with Grief: After Sudden Loss." For more information, call John Dewey, (202) 638-5419

-- 23-25 May 1996, 12th Annual Current Issues in Anatomic Pathology, San Francisco, sponsored by the University of California. For information, contact (415) 476-4251.

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HEADLINE: Naval Medical Logistics Command Sponsors Forum

NMLC Fort Detrick, MD (NSMN) -- The Naval Medical Logistics Command invites you to the First Annual Federal Medical Materiel Managers Forum being held within the framework of the American Academy of Medical Administrators (AAMA) 38th Annual Conference and Convocation, at the Irvine Marriott, Irvine, CA, 2-4 November 1995. The Navy forum is scheduled for 0900-1600 on 3 November. Point of contact for registration and other information is LTjg Randy Owens, MSC, at DSN 343-3009 or commercial (301) 619-3009.

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4. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR EMAIL TO BUMED, ATTN: NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 762-3223, DSN 762-3223. FAX (202) 762-3224, DSN 762-3224. EMAIL NMC0ENL@BUMED10.MED.NAVY.MIL//

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